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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

Sedgwick County EMS Summer Safety Tips

(Sedgwick County, Kansas) – The first day of summer is Saturday, June 21, and Sedgwick County EMS wants you to remember that when the weather heats up, be sure to take safety precautions, and keep in mind the temperature and heat index when planning your daily outdoor activities. The higher the outdoor temperature and the humidity, the greater the heat index – which means greater risk to you.

These simple heat safety tips will help keep you and your family safe through the summer:

- Slow down – strenuous activities should be reduced or rescheduled to the coolest time of the day.
- Stay hydrated – your body needs water to stay cool. Even if you don't feel thirsty, continue to drink water. Do not drink alcoholic beverages, as it leads to dehydration.
- Apply sunscreen and dress for summer – wear light-weight and light-colored clothing, wear a hat, and apply sunscreen regularly.
- Take frequent breaks, going into air-conditioned areas as often as possible.

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- Watch out for small children and check on older neighbors and family members; they are at greatest risk of heat-related illness.
- Keep a close watch over small children by backyard pools and ponds. Don't leave them alone "for just a minute." If you must leave the area, take children with you.

In addition to taking precautions in the heat outside, also be aware of the dangers inside vehicles in the heat:

- Never leave people (or pets) in a vehicle with the windows up or down. The inside of a vehicle in only 85 degree weather, with the windows down two inches, can reach 109 degrees in 15 minutes!
- The interior color of your car can also contribute to the temperature inside. Darker colors absorb more heat than lighter colors. Covering your car seat with a light colored towel can help to avoid burns to exposed skin. Also, remember that the belts on child safety seats can also become very, very hot and burn small children.

Know the signs of heat emergencies and get help immediately. If you feel faint, have pale, cool clammy skin and feel sick, you may be experiencing heat exhaustion. Get to a cooler place or in the shade immediately and drink cool water. The symptoms of heatstroke include a fever of perhaps 105F, with skin that is dry and very warm. You may be confused, with a rapid pulse and rapid, shallow breathing. Call 9-1-1 for Sedgwick County EMS immediately!

"We want everyone to enjoy the outdoor activities that summertime allows, but it's important that we take a few extra precautions to assure our safety when the temperatures rise," said Sedgwick County Commission Chairman Tim Norton. "And, the most important piece is that citizens know to call 911 for our Sedgwick County EMS if there is any sign of a medical emergency."

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